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LONDON metro®
Weekend, December 9-11, 2011
www.metronews.ca
News worth sharing.

Blood. Drive

▶ Jenn Morrison, 29, of London, and her daughter Andie, 4, look through family photos Thursday as Andie gets a blood transfusion in Children's Hospital at the London Health Sciences Centre. Andie has a rare blood disorder that prevents her body from producing red blood cells, making her dependent on monthly blood transfusions. The LHSC is encouraging people to donate blood over the holidays. More coverage, page 2.

ANGELA MULLINS/METRO

The most precious gift of all — life

Q success for London

- CBC arts/culture show coming in February
- Some hoping it will lead to greater things

ANGELA MULLINS
@METRONEWS.CA

Arts. Culture. Entertainment.

That's the tagline of Q — CBC Radio's arts-and-culure digest. Now, tack on London.

Host Jian Ghomeshi made it official Thursday, announcing that Q Live is Forest City-bound.

Details of the show are still being worked out, but people who led the campaign to bring the show here are pumped. And at least one of them says there are lessons to be learned from the experience.

"I think there are going to be a lot of things that spawn off of this," said Joel Adams, executive director of the University of Western Ontario Research Park. "It's a good sort of case study for getting behind local events."

Adams was one of hundreds who jumped on board the Ghomeshi wooing. He describes the effort well: A decentralized endeavour that started with one tweet from one Londoner — Ian Gifford.

▶ Ghomeshi

From there, the whole Q ball erupted into a multi-city competition and a cause that brought people from every nook and cranny to support the local arts scene.

Perhaps the most important part of the way things rolled out is that there really was no organization, Adams said. Everyone played an important role. But, in the end, most of the campaign was carried out by people networking on social media sites. Many had never — and still haven't — met face to face.

That, Adams said, is one of the most powerful take-aways. "In this case, the challenge was a fun one, but I think a lot of the same tools could be used toward … social issues as well as more local arts-and-culture activities. It's about how can we band together to get twice as many people coming out to local theatre productions or help our local artists win national awards?"

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1 news

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SCOUTS CANADA

Scouts Canada offers a public apology to all former members who suffered abuse at the hands of volunteer leaders. Video at metronews.ca/video

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Local. Shopping

▶ Bundled up for a brisk morning, shoppers buy produce Thursday from vendors outside the Convent Garden Market.

ANGELA MULLINS/METRO

Convent Garden staying open into the holidays

Despite cold weather, the outdoor farmers market will continue doing business on Thursdays and Saturdays through Dec. 22. Some vendors have added a dash of the holidays to their booths, selling Christmas wreaths and evergreen clippings.

Blood unit asks for holiday help

Supplies are strong but Canadian Blood Services wants to avoid holiday slowdown

Making a donation takes only one hour away from hectic holiday schedules, officials say

ANGELA MULLINS
@METRONEWS.CA

Canadian Blood Services is trying to bring a new meaning to the phrase "secret Santa."

With the holiday rush already here, folks at the CBS' London unit are putting out a call for people to keep patients like four-year-old Andie Morrison in mind.

Diagnosed in 2007 with Diamond Blackfan Anemia — a disorder that keeps her body from making red blood cells — Andie could be considered the poster child for blood donation. She's been receiving blood transfusions every three to four weeks for most of her life.

"If people didn't give blood, she wouldn't be with us today," Jenn Morrison of London said Thursday as her daughter received a blood transfusion at Children's Hospital. "She is an exact example of why people need to give blood."

As people get busy with Christmas shopping, decorating and visiting family, blood donations have a tendency to taper slightly around the holidays, officials with the blood services unit said. But the need — about 4,000 units a month in London — stays the same.

That said, Morrison, 29, is urging people to remember that one donation can help three people this holiday season.

"Until (the need for blood) touches your life, you don't know how important (donating) is."

Donating blood

To learn more, contact Canadian Blood Services at 888-236-6283, or visit blood.ca.

5 new ER doctors hired in London

The London Health Sciences Centre has announced the hiring of five new emergency doctors. One will begin in February, while the other four will start in July once they've completed their training.

The Urgent Care Centre at St. Joseph's hospital has been operating under reduced hours for several months because of a physician shortage. The centre is open daily from 8 a.m. until 4 p.m. **AM980/AM980.CA**

Correction

The photo on page 9 of Thursday's Metro with Amanda Grant's Backstage Pass column should have been credited to Kevin Van Lierop, specifically to his website, kevinvanlierop.com.

Metro regrets the error. **METRO**

LTC ridership hits record levels

A new study shows London Transit Commission ridership is up five percent from last year.

LTC brass were only expecting about a one per cent increase for the year, but were pleasantly surprised to see the five per cent swing.

LTC general manager Larry Ducharme told AM980 there could be a variety of reasons for the spike.

AM980/AM980.CA

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Steady, solid and smart — Harrington gets noticed

Defenceman leaving for national junior training camp in Calgary
Blue-liners Jarred Tinordi, Olli Maatta also head to world junior camp

JIM REYNO
@METRONEWS.CA

HOCKEYIMAGES.CA

▶ Scott Harrington says he expects there will be a scrimmage and practice every day at Team Canada's junior camp in Calgary, from Saturday to Wednesday.

Knights games

- Two games for the top-ranked Knights this weekend: They host the Peterborough Petes at 7:30 p.m. Friday, then visit the Guelph Storm on Sunday for a 2 p.m. tilt.
- Jarred Tinordi will miss Friday's game as he's serving the final game of a two-game ban for a fight against Owen Sound.

Size and scoring are often lauded in the hockey world. Smart usually doesn't make the highlight reels, but it gets noticed by hockey people.

London defenceman Scott Harrington leaves Saturday for Team Canada's junior training camp in Calgary. At six-foot-one and 195 pounds, Harrington is one of the smallest blueliners on the Knights. He's only middle-of-the-pack in team scoring.

So … what's the big deal?

"It's his defensive game — it's second to none," said Knights goalie Michael Houser, in his third season on the Knights with Harrington. "He's so steady in his own zone, and he always makes the smart play.

"I think that's why he's top of the league in plus-minus. He just always finds a way to make the right play and get it out of the D zone."

Harrington, 18, is tied for the league-lead in plus-minus at plus-21, heading into Thursday's action. The Kingston native was a second-round pick of the Pittsburgh Penguins in June.

There are worse things that could happen to a young hockey player.

"I think the biggest thing is it helped with my confidence," Harrington said about getting drafted. "I think that when someone's playing with a lot of confidence, it shows on the ice and their game is taken to a higher level."

And Penguins rookie camp this summer — priceless.

"That went really well," said Harrington, adding that he practised a couple of times with Sidney Crosby. "I think I learned a lot this summer and gained a lot of confidence, and that's helped me on the ice here in London."

Especially in the corners. Chances are that highlight-reel Knights goal originated at the other end, on a heads-up play by Harrington.

"He always comes out with the puck," Houser said about Harrington's work in the corners. "If the guy is trying to get body position on him, Harry knows what to do with his stick and poke the puck free, and then he reads and reacts to where the puck goes.

"I think that's why he's been so successful."

Liberals propose legislation to help caregivers

ANGELA MULLINS/METRO

▶ Dalton McGuinty

Ontario's minority Liberals used the last day in the legislature before a long winter break to introduce a bill that would fulfil yet another election promise.

The legislation aims to expand a program that provides up to eight weeks of unpaid leave for people caring for a loved one who is dying.

The change — contained in Premier Dalton McGuinty's campaign platform — would extend the program to those who are looking after a family member who has a serious injury or illness, including cancer or a stroke.

The province is also calling on the federal government to make the caregiver leave time eligible for employment insurance benefits, which it did for the family medical-leave plan.

"Ultimately, we like to believe that this will provide an opportunity for us as a province to help people be where they want to be, whether it's at home or in the hospital with somebody they love," said Labour Minister Linda Jeffrey. The Liberals will need the support of at least one of the opposition parties to make sure the bill passes in the legislature, but don't appear to have built up much goodwill so far.

They refused to support an NDP initiative — backed by the Opposition Conservatives — to take the HST off home heating, and may block it from becoming law. THE CANADIAN PRESS

Toddler hurt by wagon recovering

A three-year-old boy injured when a livestock wagon overturned in Georgian Bluffs has been released from hospital.

Provincial police say the boy was among several people in the wagon being pulled on a sideroad in the southern Ontario community Wednesday morning. Police say a tractor-trailer going in the same direction passed the wagon, startling the horses.

The horses went into the ditch, causing the wagon to overturn, and the two adults and two children riding inside were thrown out.

The boy was taken to Victoria Hospital in London by ambulance with apparent serious injuries.

Police say he is now in good condition and add they do not anticipate laying any charges.

THE CANADIAN PRESS

News in brief

Stuff the bus to help kids

NEED FOR DONATIONS. Mastermind Toys and London Transit are teaming up for a Stuff the Bus fundraiser Saturday.

People can donate toys to help needy children from 10 a.m. to 3 p.m. at the toy store, 684 Fanshawe Park Rd.

Organizers say there's a particular need for toys suitable for children 10 and older. METRO

If you've been a good little cat …

SANTA PHOTOS. A local cat rescue is offering up a chance to capture a holiday moment with your pet and do a little good in the process.

Holly's Hope will make Santa Claus available for photos with your dog or cat from noon to 3 p.m. Sunday at Nicholls Animal Hospital at Hyde Park Road and Oxford Street. Framed photos are $15. METRO

Ontario blasted over subsidies

A report from a right-wing think tank says Ontario governments are addicted to dispensing "corporate welfare."

The Fraser Institute says Ontario governments of all political stripes spent more than $27.7 billion on direct subsidies to corporations between 1991 and 2009.

The institute on Thursday released a report by Mark Milke titled Ontario's Corporate Welfare Bill: $27.7 billion.

Milke says the cost of Ontario corporate subsidies in the most recent year for which data is available was the equivalent of $424 from each taxpayer. He calculates that money could have been used to almost eliminate the Ontario health premium.

Milke says other options include reducing personal income taxes, business taxes, or Ontario's annual deficit by $2.7 billion.

"Subsidies to businesses, whether bailouts, loans that may not be repaid, or straight grants are all forms of corporate welfare and do nothing to benefit Ontario families," Milke said.

Multibillion-dollar handouts to business result in other more desirable policies being ignored or not enacted because the money is spent on business subsidies, he said.

"In light of the Occupy protests … and the concerns over perceived favours to individual corporations, Ontario politicians should rethink their propensity to spend millions of tax dollars on corporate bailouts," Milke said.

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News in brief

Man faces drug charges

A 36-year-old London man, Camillo Delpellaro, faces several charges after police were allegedly assaulted and drugs were seized. Police seized 50.9 grams of cocaine, 10 grams of methamphetamine and five grams of marijuana for a total value in excess of $6,100. METRO

More licences suspended

About 13,500 drivers with London addresses have suspended driver's licences because of unpaid fines. Police released the number Thursday, saying an earlier report was inaccurate. That first report indicated somewhere between 8,000 and 10,000 people are serving suspensions. METRO

City sets off SPARKS!

The city is offering up to $5,000 in match money for projects that strengthen neighbourhoods. Dubbed SPARKS!, the program awarded a combined $45,000 to 11 projects last year. Applications are available at London.ca/sparks. METRO

Fewer flu shots this year

The Middlesex London Health Unit has held its final flu clinic of the season, and according to the numbers, fewer people got their flu shots this year. According to the unit, 11,474 people received their flu shots this year, compared to 13,611 people last year. METRO

Suspicious fires hit neighbourhood

Anyone with information about blazes is asked to call London police or Crime Stoppers ◆ No injuries reported ◆ Causes not yet determined

ANGELA MULLINS
@METRONEWS.CA

The Ontario fire marshal has been called in to investigate two Thursday fires in Old South.

The first blaze was reported about 2:35 a.m. at 388 Murray St. There, firefighters found a car on fire in a driveway.

The second blaze was reported at 2:53 a.m. about a block away — 115 Iroquois Ave. Firefighters arrived on that scene to find flames leaping from a shed attached to a house. The fire was contained to the shed but the interior of the house sustained smoke damage, officials said.

ANGELA MULLINS/METRO

▶ A police cruiser guards the scene of a suspicious fire Thursday morning on Murray Street in London's Old South neighbourhood.

Investigators stayed at the scenes for several hours after the blazes were extinguished, questioning neighbours.

At about 9 a.m., two police cruisers were parked outside the Iroquois Avenue home where the blackened shed was visible from the street. Damage there is estimated at $27,000, officials said.

One police officer was stationed near the burned-out remains of a car in the Murray Street driveway. A truck parked in front of the car had scorch marks on its tailgate. Damage there is estimated at $15,000.

$42,000
Combined damage estimate from fires on Iroquois Avenue and Murray Street.

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Policeman killed at Virginia Tech

Gunman found dead in parking lot Campus was quieter as classes ended Wednesday

A gunman killed a police officer in a Virginia Tech parking lot and was found dead nearby Thursday in an attack that sent fear through the campus nearly five years after it was the scene of the deadliest shooting rampage in modern U.S. history.

The school locked down for hours and warned students and faculty members via email and text message to stay indoors.

"Today, tragedy again struck Virginia Tech," said university president Charles Steger. "Our hearts are broken again."

The police officer was killed after pulling a driver over in a traffic stop. The gunman, who was not involved in the traffic stop, walked into the parking lot and shot the officer, Sgt. Robert Carpentieri said. Police wouldn't talk about a motive.

A law enforcement official who spoke on the condition of anonymity confirmed the gunman was dead, but wouldn't say how.

"It's crazy that someone would go and do something like that with all the stuff that happened in 2007."
COREY SMITH, 19-YEAR-OLD SOPHOMORE

It appeared the gunman died in another school parking lot, where officials said a man was found dead with a gun nearby. While police at a news conference wouldn't confirm the second body was the gunman, Carpentieri said "you can kind of read between the lines."

The campus swarmed with heavily armed police during the lockdown and manhunt. "A lot of people, especially toward the beginning, were scared," said Jared Brumfield, a 19-year-old freshman.

THE ASSOCIATED PRESS

MATT GENTRY/THE ROANOKE TIMES/THE ASSOCIATED PRESS

▶ A police officer secures the scene where a gunman killed a police officer after a traffic stop Thursday, on the campus of Virginia Tech, in Blacksburg, Va.

Shafia says he was a loving, lenient father

A man accused of killing his three daughters over family honour portrayed himself Thursday as a loving, benevolent and lenient father, even though his children were cruel to him.

The picture Mohammad Shafia painted of himself as he took the stand at his murder trial was in stark contrast to evidence the jury has heard from Crown witnesses over the past six weeks. Court has heard that his children were afraid of him, begging authorities to remove them from the home, and that he cursed them as treacherous on wiretaps secretly recorded after their deaths.

What Shafia meant, when he was recorded on the wiretaps saying that even if the girls came back to life 100 times he would "do the same again," is that he would continue to give them good advice, he told court.

Shafia and his wife, Tooba Yahya, 41, and their son Hamed, 20, have each pleaded not guilty to four counts of first-degree murder.

They're accused of killing Zainab, 19, Sahar, 17 and Geeti Shafia, 13, and Rona Amir Mohammad, 52, Shafia's first wife in a polygamous marriage. The four bodies were found June 30, 2009, inside a car submerged in a canal in Kingston, Ont.

THE CANADIAN PRESS

LARS HAGBERG/THE CANADIAN PRESS

▶ Mohammad Shafia, left, is escorted from the holding cell at the Frontenac county courthouse in Kingston, Ont., on Thursday.

Devil talk

- Shafia also tried to explain what he meant when he said on the wiretaps, "May the devil (defecate) on their graves."
- "To me it means that the devil would go out and check with them in graves," Shafia said. "If they have done a good thing it would be good, if they did bad it would be up to God what to do."

Huge methylamine haul in Mexico

Mexican authorities say they have seized 205 metric tons of a chemical used in synthetic drugs in a Pacific coast port.

Mexico's Navy says that the methylamine was found over several days in the port of Lazaro Cardenas.

THE ASSOCIATED PRESS

Jurors tweet, sleep while in court

The Arkansas Supreme Court has tossed out a death-row inmate's murder conviction because one juror slept and another tweeted.

The court on Thursday voided Erickson Dimas-Martinez's 2010 murder conviction. His attorneys appealed his conviction because a juror tweeted during the trial. The justices sent the case back to a lower court for a new trial. THE ASSOCIATED PRESS

Texting by drivers up 50% in U.S.

New U.S. federal safety data shows texting while driving increased 50 per cent last year, despite a rush by states to ban the practice. The share of drivers speaking in headsets also increased, although hand-held cellphone use remained flat.

THE ASSOCIATED PRESS

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No link between abortion, anxiety

Study finds unwanted pregnancies, not abortion, trigger mental-health issues in women

Abortion does not increase a woman's chance of developing mental-health problems, according to the largest study ever to investigate the issue.

Among women with unwanted pregnancies, those who had abortions were no more likely to suffer from problems including anxiety or depression than women who gave birth, the research review by the U.K.'s National Collaborating Centre for Mental Health found.

The research shows the "reassuring news" that abortion does not cause mental-health problems, but raises a warning that officials must address the problem of unwanted pregnancy, said Dr. Tim Kendall, the centre's director.

"We should be looking at what it is about the unwanted pregnancy stage that is so problematic. We need to try to get those women help sooner so they're not put at greater risk."

DR. TIM KENDALL,

The study is likely to be met by skepticism by those opposed to the practice and believe that terminating a pregnancy can trigger depression or other mental illnesses.

Kendall said mental health problems seemed to be linked specifically to unwanted pregnancies rather than abortion.

About 11 to 12 per cent of women in general suffer from mental-health issues like anxiety or depression, but among women with unwanted pregnancies that figure rises to about one-third, he said. For women who later had an abortion, there did not appear to be any increase in their rate of mental-health problems.

THE ASSOCIATED PRESS

Ad. Backtrack

▶ This undated image shows a Pennsylvania Liquor Control Board ad meant to warn young adults about the connection between heavy drinking and rape.

THE ASSOCIATED PRESS

Liquor board pulls rape ad

A spokeswoman for the Pennsylvania Liquor Control Board says the ad was pulled Wednesday after complaints that it blamed women for being victims.

Obama backs idea to keep Plan B off shelves

President Barack Obama on Thursday defended his health secretary's decision to stop the Plan B morning-after pill from moving onto drugstore shelves next to condoms.

"As the father of two daughters," he said, "I think it is important for us to make sure that we apply some common sense to various rules when it comes to over-the-counter medicine." The president spoke the morning after his administration stunned major doctors' groups and women's health advocates with the decision.

Plan B is a pill that can prevent pregnancy if taken soon enough after unprotected sex.

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China court rejects Apple lawsuit

A court in southern China has rejected a claim by Apple Inc. that a Taiwanese-owned company has infringed its iPad trademark, a ruling that could threaten U.S. company's sales of its tablet computer in the country.

The court said on its website that it dismissed a lawsuit on Monday by Apple against Shenzhen Proview Technology over the ownership of the iPad trademark.

The court has ruled that the Shenzhen company is not bound by a 2009 agreement that its Taiwanese affiliate made with Apple to transfer the trademarks.

THE ASSOCIATED PRESS

Yahoo wins $627M in scam case

Yahoo says it has won a $627 million court judgment in a scam that tried to dupe people into believing they had won prizes in a bogus lottery sponsored by the Internet company.

A New York federal court issued the default judgment on Monday. Collecting judgments in such cases can be a frustrating and fruitless exercise because online swindlers are often difficult to find.

THE ASSOCIATED PRESS

Economy at risk from Euro crisis, BoC says

Potential for 'adverse shock' increased: Bank of Canada

Canadians need to start worrying about the worsening debt mess in Europe and its ability to hit hard in this country, the Bank of Canada warned Thursday in its semi-annual financial stability review.

"The (bank's) governing council judges that the risks to the stability of Canada's financial system are high and have increased markedly over the past six months," the central bank stated.

"Since June, the global retrenchment of risk associated with the European crisis has indeed resulted in a significant correction in the prices of equities and other risky assets, as well as a widening of credit spreads in Canada."

Frankly, the bank said, measures currently undertaken to bring the European debt crisis under control "have repeatedly fallen short of what is needed."

On Wednesday night, Finance Minister Jim Flaherty poured cold water on an unconfirmed report that G20 nations would funnel $600 billion US to Europe through the International Monetary Fund.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
- 196.93 (11,951.79)	- $1.19 (97.79¢ US)
Oil	**Natural gas**
- $2.15 US ($98.34 US)	$3.457 US (+ 3.6¢ US)
	Gold
	$1,713.40 US (- $31.40 US)

Google. Groundbreaking

▶ Hong Kong government representatives and Google officials pose during the groundbreaking ceremony of Google's new data centre in Hong Kong on Thursday.

KIN CHEUNG/THE ASSOCIATED PRESS

Engineering an Asian expansion

Google says it will spend $300 million on a new data centre in Hong Kong. The facility will be up and running by 2013, as the tech company beefs up infrastructure to keep pace with rapidly rising Internet use across Asia.

OILSANDS DEVELOPMENT

Joslyn mine gets approval

The federal government has given the green light for the Joslyn oilsands mine project to go ahead, six years after Total E&P Canada first proposed it.

Natural Resources Minister Joe Oliver said Thursday that construction can now begin on the mine near Fort McMurray, Alta., though there remains a two-week consultation period with local First Nations groups.

The prolonged review process for Joslyn shows the need for Canada to streamline its regulatory system, Oliver said in a statement.

Suncor Energy, Canada's largest energy company, picked up a minority interest in Joslyn late last year through a $1.75-billion deal with the French-owned E&P.

Jean-Michel Gires, who heads up the Canadian division of French energy giant Total SA, called Canada's regulatory system "very structured."

Environmental groups were quick to blast the approval, particularly since it comes during the United Nations climate-change conference in South Africa. The oilsands have been criticized because of the greenhouse gases that are emitted when fossil fuels are burned.

THE CANADIAN PRESS

Twitter rolls out tweaks

Twitter has redesigned its short messaging service to make it simpler, faster and more personal.

The changes were released Thursday in updates to Twitter's applications for smartphones and tablet computers. The new look will be gradually rolled out on the Twitter website during the next few weeks.

THE ASSOCIATED PRESS

Sign up for Amnesty International's global letter writing marathon at

writeathon.ca

Or attend a local event:

December 9th
7:00 pm
Good News Church
476 Clarke Road
Screening of Ordinary Radicals: a Conspiracy of Faith (50min) immediately followed by letter-writing. Refreshments provided.

December 10th
12:00-4:00 pm
Sherwood Forest Mall, London Public Library, Room A
1225 Wonderland Rd N
Amnesty Group A71 and the London Cross Cultural Learner Centre invite you for letter-writing, petitions, video screenings and refreshments.

TWEET CHILD O' MINE

THE METRO LIST

NEIL MORTON
METRO

1 Calgary Philharmonic Orchestra: Classical music went all hip when Tourism Calgary and CPO, as part of its vocal warmup to a new season, asked followers on Twitter to tweet their advice for staying toasty this winter. CPO assembled the best 20 tweets, set them to an offbeat compilation version of O Fortuna, and posted their performance, Singing Tweets, to YouTube. It is believed to be the first professional Twitter chorus ever created. A tweetorus.

2 Heroes exhibit: Inspired by his nephew, who overcame brain cancer, artist/gallery owner Mark Gleberzon has launched an exhibit, Heroes: Real, Fictional and Close to Home, which runs through Dec. 31 at his MJG gallery in Toronto. It features works by 16 artists who have interpreted the theme "heroes," from comic book superheroes to soldiers who have given their lives to cyclists as heroes juxtaposed against city traffic. Inspiring.

3 Canada's first Free Shipping Day: Mark next Monday, Dec. 12 on your calendar as that's the day Free Shipping Day comes to Canada. Taking a page from the popular U.S. Free Shipping Day, it allows you to snap up last-minute deals from online merchants (see freeshippingday.ca for participating merchants) and receive free shipping with delivery by Christmas Eve. Yes, sick days and surfing online should be way up come next Monday.

4 New Year's Eve movie: Garry Marshall's new romantic comedy New Year's Eve opens this Friday, about love and lust on New Year's in Time Square. It stars Sarah Jessica Parker, Hilary Swank, Jessica Biel, Ashton Kutcher, Zac Efron, Halle Berry, Robert De Niro and more. As Ellen said on her show this week, "Literally everyone in the world is in this movie." In other words, this New Year's Eve better not be a bust.

5 Own the Green Bay Packers: They're coming off a Super Bowl win last year, and are unbeaten this year. So now is a great time for the publicly owned Green Bay Packers to set up a site PackersOwner.com, that allows Cheeseheads to buy "common stocks" (they're $250 per share) in their storied franchise. You'll be sent a 12-inch-by-8-inch certificate so that "you will be able to display your ownership with pride," according to the site. Xmas gift. In.

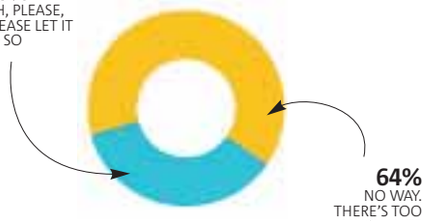
6 Top trending topics: What the Trend, Hootsuite's trend-spotting company, evaluated more than 200,000 Twitter hashtags to determine the top trending topics of 2011. The likes of Justin Bieber, Lady Gaga and Britney Spears are a few of the celebrities that made the Top 10. Thankfully, Kim Kardashian wasn't on this list. She should be on a Not Ever Trending Again list with Paris Hilton.

7 G N' R: With news that seminal rock band Guns N' Roses are among those being inducted into the Rock and Roll of Hall of Fame in 2012, comes new rumours of a possible reunion. I prefer to leave their Appetite For Destruction album in 1987 in high school, and not see a bloated Axl Rose ever take the stage again with Slash to perform Sweet Child O' Mine. Like rugger pants, some things really are better left in the past.

Follow Neil Morton on Twitter (@neilmorton).

Register at metropolitanpanel.ca and take the quick poll

Do you think Slash and Axl will share the stage at the G N'R Hall of Fame induction?



Local tweets

- **@rtraction:** Any #LDNOnt webdevs interested in volunteering a little time for the Food Bank to help put some mobile sexiness on their WordPress site?
- **@SlammBarr:** When @jianghomeshi is in London, he should definitely get pierogies at Prince Albert's diner. And bring some back to TO for me. #ldnont
- **@_kaitlyn_kelly_:** thinking about setting up a tent at #fanshawe since I'm here all day and night anyway .. #finals
- **@arthur_kwok:** 1% of the semester holds 99% of the stress. #occupyweldon #occupytaylor #uwo @premierlife
- **@estaubin:** You know the weldon hotdog man is here for the long run when he gets a shelter built... #UWO
- **@djdrysdale:** Clearly the times on #LTC's "real-time bus monitor" are as useless as those in the printed one. #ldnont #ineverlearn
- **@BrentCornwall:** If people in #ldnont spent the effort on making it a better place rather then trying to attract celebrities then we'd all win. #occupyldnont

Daily Zoom

LONDON NEWS PICTURES/REX FEATURES

Fan of the bra goes a-bungee

LONDON. She got her eyes on the prize. This female bungee jumper and self-confessed lingerie fanatic took the plunge in front of a huge projection of model Adriana Cernanova at London's landmark Battersea power station on Wednesday. The jump was to launch the new Ultimate Plunge bra by Wonderbra. METRO WORLD NEWS

"I would have never done this for pure pleasure. I only did it because I won the competition!"
HEIDI SPEED, COMPETITION WINNER

'Bungee jump? That's a prize?!'

FEAR. Heidi, 29, mother of two, was one of three women who won an online competition to do the bungee jump. "I honestly didn't know what the prize was when I entered the competition," Heidi told Metro. "I was really nervous at the top, but a guy talked to me in a calm voice and told me it would be OK." METRO WORLD NEWS

metro
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MIKE YAWNEY
FOR METRO

Channel your Holiday spirit

Enhance home theatre experience

Going out to see a movie is always nice, but bringing that theatre experience home is something you can enjoy year-round. If you were really good this year, maybe Santa will spruce up that aging home theatre for you.

Here are our picks to help you bring the cinematic experience home for the holidays.

55-inch LG Cinema 3-D LED TV — $1,599

As the technology matures, the price of 3-D TVs continues to drop. You don't have to break the bank this holiday season in order to put a 3-D TV under the tree. LG sets itself apart from the rest by offering passive 3-D technology in its Cinema series televisions. The glasses are cheap, lightweight and much easier on the eyes than traditional 3-D glasses. The TV comes loaded with useful apps such as Netflix so you will be guaranteed to have something to watch after you are done opening all the presents!

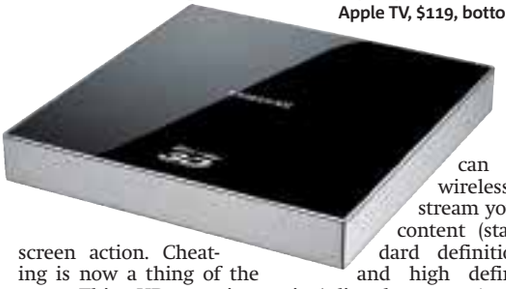
70-inch Sharp Aquos Quattron — $3,299

If you think bigger is better then look no further than the 70-inch Sharp Aquos Quattron. This LED TV is ideal for those who want a large picture but don't have the appropriate setup for a projector. Sharp's Quattron technology adds a fourth (yellow) pixel into the mix for more vivid yellows and more vibrant blues. A matte screen also ensures glare from light sources is reduced. You can also purchase this television in an incredibly large 80-inch model.

24-inch PlayStation 3-D LED Display — $499

The first PlayStation branded monitor! This display will change the way you game. Say goodbye to split screen! SimulView technology filters out your opponent's screen so two players can play the same game at the same time yet only see their own full screen action. Cheating is now a thing of the past. This HD monitor comes with two pairs of 3-D glasses, HDMI cable and Motorstorm Apocalypse for the PS3.

70-inch Sharp Aquos Quattron, $3,299, left, Samsung BD-D7000 3-D Blu-ray Player, $349, below, Apple TV, $119, bottom.



Samsung BD-D7000 3-D Blu-ray Player — $349

A small but mighty Blu-ray player! In fact, it's not much larger than a Blu-ray disc! This player features 2D-to-3D Up Conversion, so even your old Blu-ray movies can be viewed in 3-D. Connect your device to your wireless network and open up even more features such as apps, wireless streaming or the playback of various types of video, music, and image files via the USB port. One of the nicest features has to be the Ultra-Fast Play, which brings you to the main screen of your movie in just three seconds from the time you insert the disc.

Apple TV — $119

Stream your purchased iTunes content directly to your television. HD movies, TV shows and music can now all be enjoyed on the big screen. Have an iPad, iPod Touch or iPhone? You can wirelessly stream your content (standard definition and high definition) directly to your Apple TV through Apple's AirPlay technology. Of course, you can also use Apple TV to access Netflix, YouTube, Vimeo and live Major League Baseball games.

LG Smart TV Upgrader — $99.99

Disappointed your older flat screen TV doesn't have all the bells and whistles of the newer models? LG's Smart TV Upgrader makes any TV a Smart TV. Web browsing, apps, and premium video-on-demand services can be added to your TV through a single HDMI port.

Sony Personal 3-D Viewer — $799

Imagine always having the perfect seat in the movie theatre! Now you can with your very own 3-D Viewer from Sony. Two 0.7-inch OLED screens sit in front of your eyes, but your brain tricks you into thinking you are staring at a 150-inch movie screen 12 feet away. The viewer offers full 5.1 surround sound.

55-inch LG Cinema 3-D LED TV, $1,599, left, Sony Personal 3-D Viewer, $799, top left, 24-inch PlayStation 3-D LED Display, $499, top.

HOLIDAY 2011 gift guide

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Throwing a perfect holiday party

Celebrate the season with a glittering open house for family and friends that's also easy on the hostess

YLVA VAN BUUREN
FOR METRO

The holidays are a wonderful time to hold a party for family and friends.

An open house lets your guests double-book if they have to during this busy time of year, says Robyn Green, Kai Event Management, Vancouver.

And an open house is also easier for the hostess ... you can prepare many foods and nibbles ahead, space out serving them, and wander about and visit with guests. Planning is the most important part, says Greta Podleski, co-author of The Looneyspoons Collection and other cookbooks.

COMSTOCK IMAGES/THINKSTOCK

❄ Planning an open house party is easy for the hostess since you can plan many foods and nibbles ahead.

FOOD

Stick to hot and cold appetizers and a couple of desserts. "Three hot appetizers, three cold appetizers and two desserts/sweets should be plenty of variety," says Podleski. "Make some, buy some" is a good strategy — "but always present premade, store-bought food in pretty bowls or on decorative plates." For the day of, write out a prep schedule. "I even write down when I'm getting into the shower and getting dressed for the party," says Podleski.

BAR

Keep it simple ... beer, wine and a couple non-alcoholic beverage choices.

DECOR

A metallic (silver or gold) colour theme will help make your event glitter.

Use silver or gold runners and napkins on your buffet table. Clear glass containers filled with sparkly ornaments look pretty and festive. Fill a large, shallow silver bowl with pomegranates and tuck evergreen sprigs or holly berries between the fruit. Make a wreath for the front door by attaching silver bells to a circular form. The finishing touch: Use edible gold flakes (available at Michael's or a baking store) to rim champagne or wine glasses, sprinkle on desserts or even put in ice cubes.

GIFTS

Ask guests to help you fill stockings for the homeless by bringing gifts such as wool mittens or socks and food items.

THE PODLESKIS' NEW COOKBOOK, THE LOONEYSPOONS COLLECTION, IS AVAILABLE AT INDIGO.CA.

12 Strays of Christmas
From December 1st to December 31st, all cat adoption fees are waived with the purchase of a City of London Cat Identification tag
All of our adoptable pets are spayed or neutered, dewormed, vaccinated, flea treated and microchipped
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LOOKING TO MAKE A CAREER CHANGE?
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Big Bang
for the cinephile

KEITH CARMAN
FOR METRO

Motion pictures: The gift that keeps on giving.

To a true Hollywood devotee, though, regular old DVDs rarely cut it. They are nowhere near comparable to the Mega-Platinum Everything-But-The-Kitchen-Sink box sets that seem to come out around the same time snow starts piling up at our doorsteps.

This year is no exception, of course, so with that, keep these bona fide flicks in mind when looking for something to turn your film freak starry-eyed this holiday season.

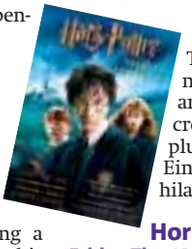
Current
Harry Potter: The Complete Eight-Film Collection
Warner

A full decade and eight feature films into this legacy, few need introduction to the bespectacled wizard and his spellbinding saga. However, even with latest series-capper Deathly Hallows only coming out recently, Warner announces that as of Dec. 29, all Harry Potter films will disappear from store shelves. While you have presumably been building your collection since 2001 debut The Philosopher's Stone, grab The Complete Eight-Film Collection fast, before even magic can't bring it back.

Classic
Willy Wonka & The Chocolate Factory 40th Anniversary Ultimate Collector's Edition
Warner

With a title that long, it has to be great. Yes, we are all familiar with the inimitable Roald Dahl tale as performed by Gene Wilder, yet when packed with multiple extras in a double-wide numbered gift set, who can resist? We will all feel like Veruca Salt pining for the hours of extras, including a fresh director interview, Dahl featurette, 144-page production book reprint and — most importantly — a retro Wonka Bar-shaped tin box with scented pencils and eraser.

Cartoon
Mr. Magoo — The Television Collection 1960-1977
Shout! Factory



Whether fondly reminiscing or introducing a new generation to this goofy glasses-needing cornball, Mr. Magoo is a wealth of innocent animated fun. Gathering all three series together for this 11-disc box set, The Television Collection is a true opus of fun, boasting 30-plus hours of sticky situations.

Television
The Big Bang Theory, Seasons One To Four
Warner

Catching on faster than a malicious meme, this sitcom has turned two unlikely nerds into modern day heroes ... when we can understand their intellectual jargon. This mega-box set is fleshed out with actor-on-actor interviews, a focus on song creators The Barenaked Ladies and a gag reel, creating 48-plus hours of Einstein-worthy hilarity.

Horror
Friday The 13th: The Ultimate Collection
Paramount

No, it's not exactly in keeping with the holiday spirit, but even horror hounds deserve something this season. Heeding the call, The Ultimate Collection delivers with splatter film star Jason Voorhees and all 10 of his Friday The 13th flicks served up in a gruesome package. Bolstered by expanded editions, a book and a life-sized replica of the slasher's trademark hockey mask, this collection is as cool as it is creepy.

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¹ 1% cash back on purchases made at merchants classified by VISA Inc as Grocery Stores & Supermarkets, Service Stations & Automated Fuel Dispensers, Drug Stores & Pharmacies, and recurring payments (Merchant codes: 5411, 5541, 5542, 5912). Plus, 0.5% on all other purchases. ² 2% cash back on the first $25,000 of purchases made annually at merchants classified by VISA Inc as Grocery Stores & Supermarkets, Service Stations & Automated Fuel Dispensers, Drug Stores & Pharmacies, and Recurring Payments (Merchant codes: 5411, 5541, 5542, 5912). Earn 1% cash back on purchases made after you have reached the 2% $25,000 annual max., and on all other purchases. ³ 4% cash back on the first $25,000 of purchases made annually at merchants classified by VISA Inc as Grocery Stores & Supermarkets and Service Stations & Automated Fuel Dispensers (Merchant codes 5411, 5541, 5542); 2% cash back on the first $25,000 you spend annually at Drug Stores & Pharmacies (Merchant codes 5912) and Recurring Payments. You will earn 1% cash back on purchases made after you have reached the 4% $25,000 annual spend maximum and/or the 2% $25,000 annual spend maximum and on all other purchases made with the card. • Sometimes there are separate merchants located on the premises of these merchants that are classified by VISA in another manner, in which case, these added benefits will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. You do not earn cash back on purchase returns, credit vouchers, payments, cash advances, *Scotia*® VISA Cheques, card fees or interest charges.

Tips to simplify your holiday shopping

It's easy to feel overwhelmed this time of year, but you can survive the chaos and shop like a pro

Are you overwhelmed at the prospect of tackling your holiday gift list? Here are a few tips to help put your fears to rest and conquer that list like a pro:

1 Get gifts that are personal. Start by making a list. Write down who you are shopping for and then list their interests. This will help you narrow down gift ideas and ensure success.

2 Avoid spending time on wasteful items, such as a card for every present. Print personalized labels at stickeryou.com and put them on everything from presents to wine bottles to your holiday baking. This will save you both time and money.

3 Find gifts that can be enjoyed by the whole family. If you have four family members on your list, cut it down by settling on one gift they can all enjoy together. This can include a board game, a DVD set, even a craft. For example, StickerYou.com has a product called Make + Print Your Own Stickers. It offers packages of 40 to 110 stickers that make for a fun craft project for the whole family. Mom can make family address labels, dad can come up with funny bumper stickers, and the kids can design name stickers for all their gear.

4 Order online. Avoid line ups at the mall — let the gifts come to you. Or better yet — have it shipped directly to them.

NEWS CANADA

QUEEN BEAD COLLECTION
These sterling silver beads with handcarved pearl (black southsea pearls or white/peach freshwater pearls) and glass designs make the perfect holiday gift!
There is also a selection of beads that have a patent-pending Mono-Pole magnetic core designed to repel rather than attract! Each of these beads will "levitate" and keep a consistent spacing of 7.5mm apart.
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Winter wonderland

YRSNÖ, Hanging Decoration, Santa Claus, Glass Assorted Designs, $7.99, two per pack, available at Ikea, ikea.com.

Holiday Plush Ornaments: Reindeer, Bird, and Fox Available, $4.45, available at Starbucks, starbucks.ca.

Tim Hortons Timbits Snowman Tree Ornament, $5.95, available at Tim Hortons, timhortons.com.

Bird Ornament, $5.50, available at Indigo, chapters.indigo.ca.

Christmas Ornament, $95, available at Swarovski, swarovski.com.

Owl Ornament, $7.50, available at Indigo, chapters.indigo.ca.

Gold Feather Ornament, $3.50, available at Indigo, chapters.indigo.ca.

WinYourGifts.ca

Every day, from every Winners and HomeSense store, one lucky shopper could win back the value of their holiday purchase. December 1 to 24.

WINNERS

HOMESENSE

*(c) 2011 Winners. No Purchase Necessary. Dec 1/11- Dec 24/11. Internet access required. 6,504 prizes available to be won at the start of the contest (1 prize per store per day). Prize is cash or gift card in the amount of winning purchase from Winners/HomeSense ($500 max). Odds depend on number of entries received per store per day. Skill test required. For Official Contest Rules (including no purchase information) see www.winyourgifts.ca

Bathing beauties

Foaming Bath, Cherry, 300 ml, $28, available at Fruits & Passion, fruits-passion.ca.

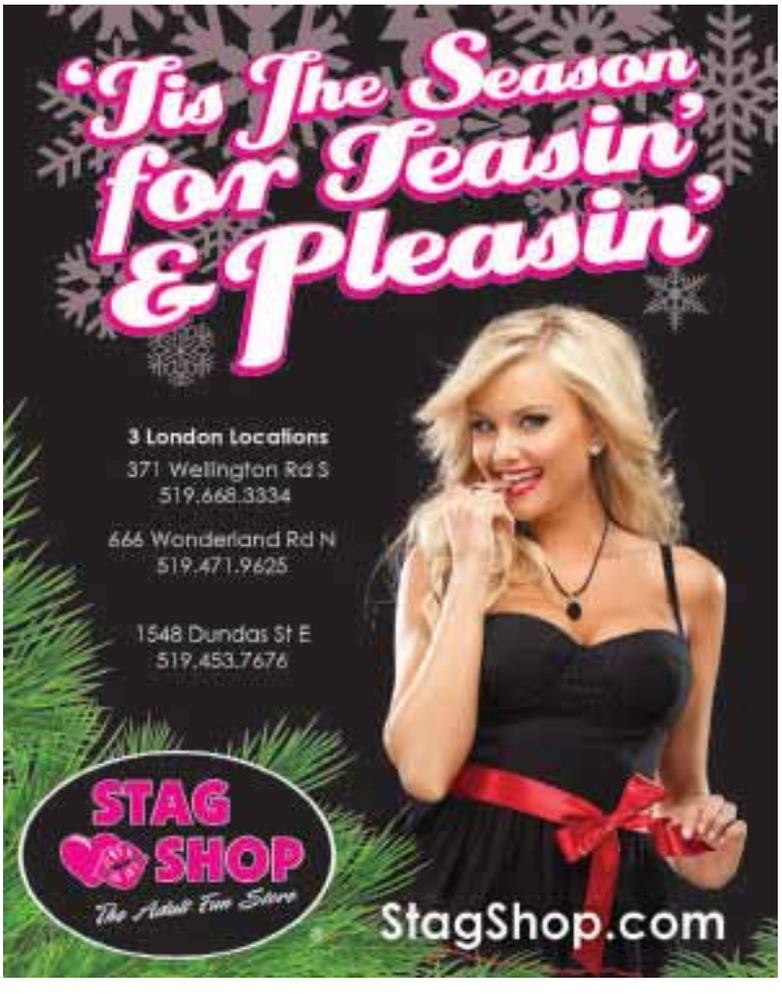
Lush Abombinaball Bath Bomb, $6.95, left, Lush Satsumo Santa Bath Bomb, $5.95, middle, and Lush The Melting Snowman Bath Melt, $5.95, available at Lush, lush.ca.

Crabtree & Evelyn Avocado & Olive Oil Milled Soap, $10, available at Crabtree & Evelyn, crabtree-evelyn.com.

Lush Candy Cane Soap, $6.95 for 100 g, available at Lush, lush.ca.

Baby Life Bling Floating Bath Ducks, $3.99 each, available at Shoppers Drug Mart, shoppersdrugmart.ca.

Cake Vanilla Snow Woman Glistening Body Mousse, $30, left, Cake Vanilla Snow Woman Glistening Body Wash, $30, available at Cake Beauty, cakebeauty.com.



HANDOUT

▶ Josh Duhamel gets a last-minute adjustment in the film New Year's Eve.

Synopsis

It's Dec. 31 and we follow the stories of Robert De Niro as a terminally ill man; Halle Berry as his kindly nurse. Then there's odd couple Michelle Pfeiffer and Zac Efron, anxiety-ridden Hillary Swank, ex-lovers Katherine Heigl and Jon Bon Jovi and even Ryan Seacrest pops up playing — who else? — himself. Have we left anyone out? Probably. There are more stars here than in the heavens, but rest assured, by the end of the movie, stories have woven together and no hearts are broken.

Ratings:
Richard: ½
Mark: 🌐

Dropping the ball?

Impressive collection of stars in New Year's Eve But film devoid of real emotion

Reel Guys
RICHARD CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

Richard: Mark, this mishmash of easy sentiment, romance, illness, musical numbers and product placement flip-flops from story to story so often, it's like a five-year-old grabbed the remote and is wildly channel surfing. It's not so much a movie as it is a cavalcade of familiar names in situations geared to make you understand why everybody hates Dec. 31. Am I being too cynical?

Mark Breslin: Oh, Richard, what's the matter with you? You mean you don't like shoddy writing, implausible plot lines, cameos masquerading as script development, and a general tone of emotional manipulation? The movie screams "BOGUS" from the opening "inspiring" shots of the Statue of Liberty to the hack credit roll outtakes.

You know what's odd? I kind of liked Valentine's Day, the earlier, funnier, more touching version of this Garry Marshall shmaltzfest. Here's a challenge: did you find anything to like?

RC: Well... let me see. I thought Zac Efron was passably charming and a couple of the outtakes at the end are funnier than anything contained in the actual movie. But there are Walmart commercials with more real emotion than director Gary Marshall manages to bring to this manipulative mess.

MB: And I didn't mind the scenes between Ashton Kutcher and Lea Michele. Trapped in an elevator, at least the movie slows down long enough for a few real moments to break through. And Larry Miller was funny as the tow truck operator.

But back to the travesties: Russell Peters hiding behind an accent he swore he'd never do; Michelle Pfeiffer's stupid bucket list; Robert DeNiro's bathetic hospital scenes; but the worst was Hilary Swank's "love" speech to the assembled Times Square multitude.

I've lived in New York, and believe me, the crowd wouldn't have applauded politely — they would have hurled obscenities at her. Which would have been a much better scene!

RC: It certainly is a New York-centric flick. Even NYC mayor Bloomberg gets into the action.

By the time he kicks off the New Year's Eve countdown with the words, "Let's drop the ball," its already abundantly clear that Garry Marshall already dropped the ball with this movie.

MB: Very funny, Richard!

I think a better version of the movie would have been scenes of Garry Marshall convincing all those Hollywood stars to work for a fraction of their rate card.

2 scene

Scene in brief

Emma Watson's advice to teenagers is: "feel comfortable in your own skin." The 21-year-old Harry Potter star, on her second visit to Hong Kong, told reporters Thursday: "Be true to who you are and do the best to feel comfortable in your own skin. You are all right exactly as you are."
METRO

Robocop actor Peter Weller joining sequel to hit Star Trek movie due out in 2013

WHAT HAPPENED IN VEGAS, DIDN'T STAY IN VEGAS.
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Downey Jr. dusts off his deerstalker

Actor reprises his role as Sherlock Holmes Here, his thoughts on dressing in drag, working with Jude Law

RICHARD CROUSE
SCENE@METRONEWS.CA

Robert Downey Jr. knows how to work a room. I notice this while at the swank-a-delic Peninsula Hotel in Beverly Hills for a press conference to celebrate the release of Sherlock Holmes: Game of Shadows.

It's a packed panel, including co-stars Noomi Rapace (the original Girl With the Dragon Tattoo) and Jared Harris, mega producer Joel Silver and Downey's business and life partner Susan. Between them there are untold Oscar nominations and hundreds of millions in box office returns, but that doesn't mean squat when Downey enters and takes centre stage. All eyes — and 90 per cent of the questions — go to him. Midway he feigns embarrassment at the attention and says, "Why doesn't someone ask Joel Silver a question?"

Why? Because Downey is the most quotable, funny and memorable person in the room, that's why.

Here's a sample of what he had to say.

On making sequels:
"There should be a whole online support team for anyone who has ever been involved in making a second part to a first that worked. There is so much to learn. The greatest disguise was us disguising ourselves as consummate by-the-numbers professionals when, in fact, we're all incredibly eccentric."

When asked to talk about performing Sherlock Holmes's drag scenes:
"I guess we're not talking about this as one of the most important films of the year. I put on some make-up. How are we going to get nominated with these kinds of questions?"

On improving on set:
"I think the goal is to make a well-written scene seem improvised, or to find things in the room you couldn't have known until you get in the real situation and just try and improve things as you go along."

On why his co-star was absent:
"Jude (Law) would have been here, by the by, but his son had a soccer game."

On keeping the set "green":
"I just remember that every animal that was harmed was promptly taxidermied and sent as a gift to one of the many ecological companies who have these huge concerns that I validate."

On working with Jude Law and director Guy Ritchie:
"Jude and I are pretty close, but Guy and I are practically

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▶ Robert Downey Jr., left, and Jude Law are Sherlock Holmes and Dr. Watson.

brothers. There have been times I have wanted to lob off his head with a machete."

"It was a democracy in the truest and most frustrating and most rewarding sense of the word."

On collaborating with his director and fellow actors:

Movie reviews | See it twice ◍◍◍◍
See it now ◍◍◍◍ | Worth watching ◍◍◍ | Yawn ◍◍ | Don't bother ◍

The Sitter
Genre: Comedy
Director: David Gordon Green
Stars: Jonah Hill, Sam Rockwell
◍◍½

In The Sitter, Jonah Hill plays a likeable, albeit contemptuous drop-out reluctantly babysitting three even more disdainful kids.

But when his hideous girlfriend lures him to score her cocaine, the night turns into a crass journey of misadventures.

Simply put, The Sitter plays solely as a vehicle for Hill to perform the chubby-guy-talking-trash shtick he's mastered since Superbad.

If that works for you, sit tight and enjoy him in his pejorative prime.

STEVE GOW

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LONDON

Mustang Drive-In -London 2551 Wilton Grove Rd., 519-644-1160

Listings not available at press time.

Hyland Cinema 240 Wharncliffe Road South, 519-913-0313

It's a Wonderful Life (STC) Mon 6 Wed 6:30
Melancholia (PG) Fri-Sat 3:45-9 Sun 1-8:30 Mon 3:15 Tue 3:45-9 Wed 3:15 Thu 1:30-6:30
The Way (STC) Fri-Sat 1:30-6:45 Sun 4-6:15 Mon 1-8:45 Tue 1:30-7 Wed 1-9 Thu 4:10-9

Rainbow Cinemas London 355 Wellington St., 519-434-3073

Arthur Christmas (G) Fri-Thu 1:25-3:45-7:15
Happy Feet Two 3D (PG) Fri-Thu 1-3:25-7:10-9:20
Hugo (PG) Fri-Wed 1:05-3:55-6:50-9:30 Thu 3:55-6:50-9:30 Thu 1
Jack and Jill (PG) Fri-Thu 9:30
The Muppets (G) Fri-Thu 1:20-3:50-6:55-9:25
New Year's Eve (PG) Fri-Thu 1:10-3:50-7:05-9:40
The Polar Express (G) Sat 10
Sherlock Holmes: A Game of Shadows (PG) Thu 10
The Sitter (14A) Fri-Thu 1:15-3:30-7:20-9:15
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri-Wed 1:30-4-7-9:35 Thu 1:30-4-7

Western Film Room 340, UCC Building,

Real Steel (PG) Fri-Thu 7
The Room (STC) Fri 12
A Very Harold & Kumar Christmas (18A) Fri-Thu 9:35

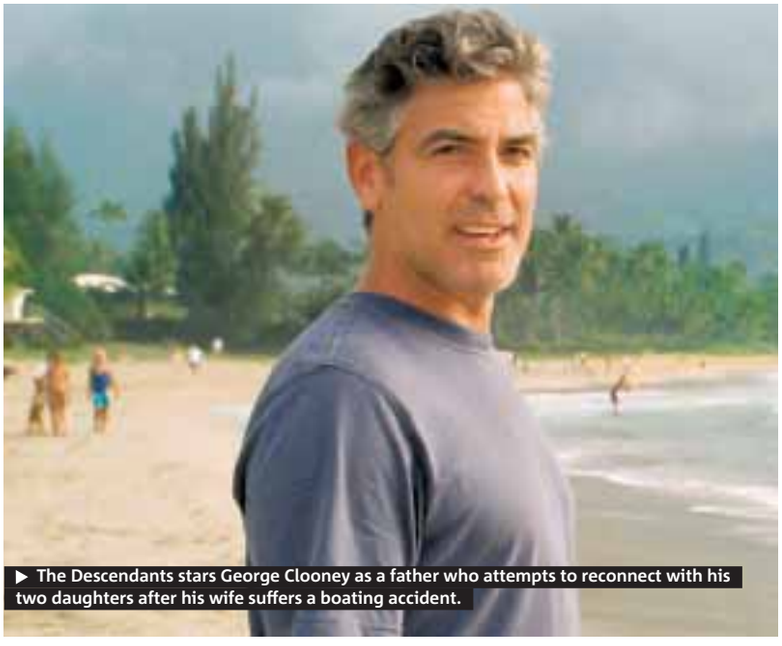
Wellington 8 Cinemas 983 Wellington Rd. S, 519-685-2529

Happy Feet Two (PG) Sat-Sun 1:20
Happy Feet Two 3D (PG) Fri 7:15-10 Sat-Sun 4:10-7:15-10 Mon-Thu 7:15-10
Hugo (PG) Sat-Sun 12:40
Hugo 3D (PG) Fri 6:30-9:20 Sat-Sun 3:40-6:30-9:20 Mon-Thu 6:30-9:20
J. Edgar (PG) Fri 6:40-9:45 Sat-Sun 12:30-3:35-6:40-9:45 Mon-Wed 6:40-9:45 Thu 6:40
Jack and Jill (PG) Fri 7:20-9:55 Sat-Sun 1:40-4:20-7:20-9:55 Mon-Wed 7:20-9:55 Thu 9:55
The Muppets (G) Fri 6:45-9:25 Sat-Sun 1:10-3:50-6:45-9:25 Mon-Thu 6:45-9:25
New Year's Eve (PG) No Passes Fri 6:50-9:40 No Passes Sat-Sun 12:50-3:45-6:50-9:40 No Passes Mon-Thu 6:50-9:40
Sherlock Holmes: A Game of Shadows (PG) No Passes Thu 10
The Sitter (14A) Fri 7:10-9:30 Sat-Sun 1:50-4:15-7:10-9:30 Mon-Thu 7:10-9:30
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri 7-10 Sat-Sun 1-4-7-10 Mon-Thu 7-10

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796

Arthur Christmas (G) Fri 3:50-6:30-9:10 Sat-Sun 1-3:50-6:30-9:10 Mon 6:30-9 Tue 4-6:30-9 Wed-Thu 6:30-9
The Descendants (14A) Fri 5-7:45-10:25 Sat-Sun 2:15-5-7:45-10:25 Mon 7:30-10:10 Tue 4:45-7:30-10:10 Wed 7:30-10:10 Thu 7-9:40
Happy Feet Two (PG) Sat-Sun 1:10
Happy Feet Two 3D (PG) Fri-Sun 4-6:50-9:20 Mon 6:45-9:15 Tue 3:50-6:45-9:15 Wed 6:45-9:15 Thu 6:45
Hugo 3D (PG) Fri 3:40-6:40-9:30 Sat-Sun 12:50-3:40-6:40-9:30 Mon 6:40-9:30 Tue 3:40-6:40-9:30 Wed-Thu 6:40-9:30
Immortals (18A) Fri 4:50-7:40-10:25 Sat 7:40-10:25 Sun 4:50-7:40-10:25 Mon 7:30-10:10 Tue 4:40-7:30-10:10 Wed-Thu 7:30-10:10
The Metropolitan Opera: Faust - Live (STC) Sat 12:55 Sat 12:55
The Muppets (G) Fri 4:20-7:10-9:50 Sat-Sun 1:30-4:20-7:10-9:50 Mon 6:50-9:35 Tue 4:05-6:50-9:35 Wed-Thu 6:50-9:35

HANDOUT



▶ The Descendants stars George Clooney as a father who attempts to reconnect with his two daughters after his wife suffers a boating accident.

New Year's Eve (PG) No Passes Fri 4:10-7:10 No Passes Sat-Sun 1:20-4:10-7:10 No Passes Mon 7-9:50 No Passes Tue 4:15-7-9:50 No Passes Wed-Thu 7-9:50 No Passes Fri 4-6:45-9:30 No Passes Sat-Sun 1:15-4-6:45-9:30 No Passes Mon 6:30-9:15 No Passes Tue 3:45-6:30-9:15 No Passes Wed-Thu 6:30-9:15 Star & Strollers Screening, No Passes Wed 1
Sherlock Holmes: A Game of Shadows (PG) No Passes Thu 10 No Passes Thu 10:10
The Sitter (14A) No Passes Fri 5:05-7:20-9:40 No Passes Sat-Sun 12:45-2:55-5:05-7:20-9:40 No Passes Mon 7:20-9:40 No Passes Tue 4:30-7:20-9:40 No Passes Wed-Thu 7:20-9:40 Star & Strollers Screening, No Passes Wed 1
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri 4:40-7:30-10:15 Sat-Sun 1:40-4:40-7:30-10:15 Mon 7:10-10 Tue 4:25-7:10-10 Wed-Thu 7:10-10 Fri 4:30-7:15-10 Sat 7:15-10 Sun 1:45-4:30-7:15-10 Mon 7:9:45 Tue 4:15-7-9:45 Wed 7-9:45 Thu 7:20
White Christmas (PG) Sun 1

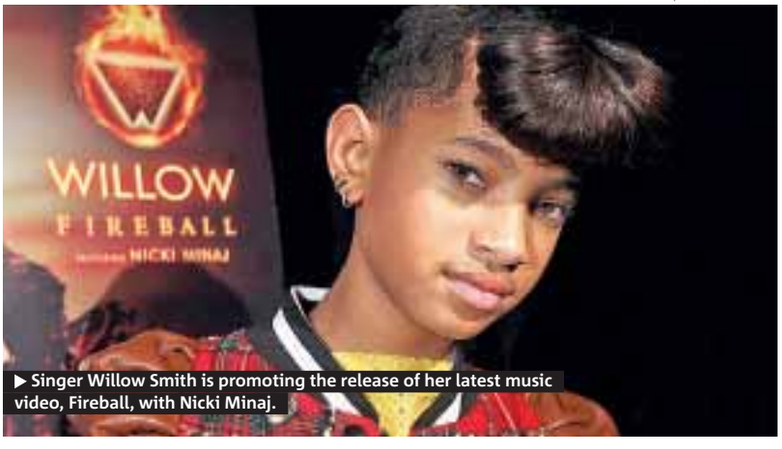
SilverCity London 1680 Richmond St, 519-673-4125

Arthur Christmas (G) Fri-Sun 12 Mon 1:45 Tue 12 Wed-Thu 1:45
Arthur Christmas 3D (G) Fri-Sun 2:40-5:10-7:45-10:20 Mon 4:25-7-9:30 Tue 2:40-5:10-7:45-10:20 Wed-Thu 4:25-7-9:30
The Descendants (14A) Fri-Sun 11:55-2:35-5:15-8:10-10:50 Mon 1:35-4:15-7:05-10 Tue 11:55-2:35-5:15-8:10-10:50 Wed 1:30-4:15-7:05-10 Thu 1:35-4:15-7:05-10
Happy Feet Two (PG) Fri-Sun 12:05
Happy Feet Two 3D (PG) Fri-Sun 2:30-5-7:40-10:15 Mon 1:55-4:40-7:15-9:45 Tue 12:05-2:30-5 Wed-Thu 1:55-4:40
Hugo 3D (PG) Fri-Sun 1:20-4:20-7:15-10:25 Mon 1:40-4:30-7:25-10:15 Tue 1:20-4:20-7:15-10:25 Wed-Thu 1:40-4:30-7:25-10:15
Immortals 3D (18A) Fri-Sun 12:15-3-5:30-8:15-11 Mon 1:25-4:10-7:10-9:40 Tue 12:15-3-5:30-8:15-11 Wed-Thu 1:25-4:10-7:10-9:40
Jack and Jill (PG) Fri 1:10-3:25-5:40-7:55-10:10 Sat 3:25-5:40-7:55-10:10 Sun 1:10-3:25-5:40-7:55-10:10 Mon 2:15-4:55-7:30-9:55 Tue 7:55-10:10 Wed 7:30-9:55 Thu 7:30
The Metropolitan Opera: Faust - Live (STC) Sat 12:55
Mission: Impossible — Ghost Protocol: The IMAX Experience (STC) No Passes Thu 12:01-9
The Muppets (G) Fri-Sun 12:10-2:45-5:25-8:05-10:55 Mon 2-4:45-7:35-10:20 Tue 12:10-2:45-5:25-8:05-10:55 Wed-Thu 2-4:45-7:35-10:20
New Year's Eve (PG) No Passes Fri-Sun 2:10-5:05-7:50-10:40 No Passes Mon 1:25-4:20-7:20-10:10 No Passes Tue 2:10-5:05-7:50-10:40 No Passes Wed 4:20-7:20-10:10 No Passes Thu 1:25-4:20-7:20-10:10 Star & Strollers Screening, No Passes Wed 1
Puss in Boots (G) Fri 1:15-3:30-5:50 Sat 1:15-5:45 Sun 1:15-3:30-5:50
Sherlock Holmes: A Game of Shadows (PG) No Passes Thu 10
The Sitter (14A) No Passes Fri-Sun 1:30-3:45-6-8:20-10:35 No Passes Mon 1:50-4:35-7:15-9:50 No Passes Tue 1:30-3:45-6-8:20-10:35 No Passes Wed 4:35-7:15-9:50 No Passes Thu 1:50-4:35-7:15-9:50 Star & Strollers Screening, No Passes Wed 1
Tower Heist (PG) Fri-Sun 8-10:45
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri-Sun 1:40-4:40-7:35-10:30 Mon 2:05-4:50-7:40-10:20 Tue 1:40-4:40-7:35-10:30 Wed-Thu 2:05-4:50-7:40-10:20

She's a little Fireball

Willow Smith wants her fans to be feel empowered by her newest album

DONALD TRAILL/THE ASSOCIATED PRESS



▶ Singer Willow Smith is promoting the release of her latest music video, Fireball, with Nicki Minaj.

Willow Smith is all about kid empowerment.

The young singer says she's hoping to inspire listeners with her upcoming album Knees and Elbows.

"It's gonna make them feel like they have control over their lives and can do what they want to do and be the person they want to be," she said Wednesday night.

Willow is already proving that at just 11. The daughter of Will and Jada Pinkett Smith has become a buzzed-about star thanks to her hit song Whip My Hair. She's also become a fashion trendsetter with her funky clothes; on Wednesday, her hair was closely cropped with big bangs in the front, and she wore a cropped jacket with decals, including the name of her album, and sequined jeans.

"I get a lot of my style from my friends," she said, also citing her aunt.

Willow recently teamed up with another fashionista, singer-rapper Nicki Minaj, for Willow's new song Fireball. Willow premiered it for groups of children and their parents at the Sony Store, as well as BET's 106 & Park.

Even though Minaj and Willow are cited for their style, Willow says they didn't share any fashion tips.

"We just kind of vibed off each other and had fun," she said.

Knees and Elbows is scheduled to be released in April. Willow said it will be "more R&B." The title ties in to her theme of inspiration.

"Everybody falls down and scrapes their knees and elbows but they eventually get back up," she said.

Willow said she and her famous family will be vacationing for the holidays, and that she's not anxious about a Christmas gift.

"I have everything I need. I have my mom, my dad, my brothers, my family," she said.

THE ASSOCIATED PRESS

2011'S MUSICIANS WHO DESERVE ANOTHER LOOK

SOUND CHECK

ALAN CROSS
SCENE
@METRONEWS.CA

There's just too much music these days.

No wonder that so much great stuff—a disturbing amount—slips through the cracks. Here's a list of artists and albums that you may have missed over the last twelve months.

Cults/Cults

A boy-girl band from Manhattan who went from mysterious indie duo to major label signing in the space of just a few months. I dare you not to sing along.

Cut Copy/Zonoscope

Third album from this Australian electronic band which has been nominated for a Grammy. Opener "Need You Now" is a great love song.

EMA/Past Life Martyred Saints

EMA is Erika M. Anderson, who makes music out of what seems to be a succession of life crises. It's the kind of powerful, painful stuff that Courtney Love used to make about twenty years ago.

PJ Harvey/Let England Shake

No two PJ Harvey albums ever sound alike. Her tenth album is nothing short of stunning. No wonder it won Britain's Mercury Prize.

Lykke Li/Wounded Rhymes

Think of her as Sweden's answer to Bjork and Tori Amos but without the attendant weirdness. A hit in Scandinavia, it should have garnered more mainstream attention.

ALAN IS THE HOST OF THE RADIO SHOW THE SECRET HISTORY OF ROCK. REACH HIM AT ALAN@ALANCROSS.CA

Who's Fascinating to Barbara Walters

Who's been naughty, who's been nice: Walters chats to 10 of the most prominent news-makers of 2011

On her new TV special, Barbara Walters gets up close and personal with Donald Trump.

Maybe too personal.

"We started with his hair," confides Walters. "He said, 'Pull it and you can see that it's not a hairpiece.' So I did. And I still think it's a hairpiece."

Trump — the follically perplexing reality star, businessman and sometimes presidential candidate — is on Walters' list of The 10 Most Fascinating People of 2011, which airs on ABC on Wednesday at 9:30 p.m. EST. It's the 19th annual compilation of the year's most prominent names in entertainment, sports and popular culture.

Walters says she questioned Trump on his year of political adventures, which included commandeering the "birther" bandwagon by stoking doubt about U.S. President Barack Obama's U.S. citizenship, and by teasing voters with the prospect of his stepping into the presidential race as a Republican candidate (Trump, of course, then opted not to take the leap).

"But he still is talking about running," Walters says.

"He told me, 'If the Republicans pick the wrong person, if the economy continues to be bad, I would certainly consider running as an independent.'"

Other Fascinating People include talent-show baron Simon Cowell, pop singing sensation Katy Perry and New York Yankees star Derek Jeter, who tells Walters that he'd like to own an athletic team.

"I told him, 'You're making a lot of money. You could buy one,'" reports Walters. "And he says, 'Great. I'll buy one with you.' We made a deal."

Also on board are Jesse Tyler Ferguson and Eric Stonestreet, the loving on-screen couple from ABC's comedy hit Modern Family, and the Kardashian reality TV family.

Other Fascinating names include Pippa Middleton, dishy sister of British royal Kate, and Amanda Knox, the former Seattle exchange student whose four years in custody ended in October when an Italian court overturned her murder conviction in the death of her roommate.

A ninth name — likely to be a political figure — is yet to be announced. The year's Most Fascinating Person will, as usual, be withheld until the 90-minute broadcast airs.

Walters calls the show "exciting, because it was fun to do. And these were easy interviews. There was no pulling teeth."

THE ASSOCIATED PRESS

DONNA SVENNEVIK/ABC/THE ASSOCIATED PRESS

▶ Katy Perry, left, with Barbara Walters in New York in November.

Kardashian insight

Walters weighs in on the Kardashians sisters:

- "They're pretty women, they're glamorous and they don't know private from public," Walters says. "And they're part of a family — one for all and all for one — that people relate to."
- In profiling the Kardashians, Walters says she plays a game with them, quizzing them on who is the smartest, the nicest, the one Mom likes best.

TV picks

Robyn shows SNL some love

KATY PERRY TO HOST. On Saturday Night Live, it's a pop-star extravaganza as American hit maker Katy Perry takes on the role of host and Swedish recording artist Robyn performs.

Both singers were recently nominated for Grammy awards. (Global, NBC)

An Idiot goes deep-sea fishing

WHEN IN ALASKA. Karl Pilkington, who's starred alongside comedy giants Ricky Gervais and Stephen Merchant in their popular podcast, rides a deep-sea fishing trawler in Alaska on An Idiot Abroad: The Bucket List on Friday.

It's just one of many adventures Gervais and Merchant push Pilkington into for the series. (Discovery Channel)

Whose line is it, Canada?

IMPROV MEETS CHRISTMAS. Acclaimed Canadian improv troupe The National Theatre of the World presents A Very F—ing Mamet Christmas, featuring special guest Ron James on Sunday.

National Theatre of the World has won three Canadian Comedy Awards. (CBC)

Amazing Race, amazing drama

WHO SAID SUNDAY WAS THE DAY OF REST? The Amazing Race finale on Sunday (CBS, CTV) is followed by an intense episode of The Good Wife, in which Alicia tries to have a judgment thrown out after her client is shockingly found guilty. At the same time, she's also reeling from some bad decisions she's made in her personal life. (Global, CBS)

Did RCMP not protect women?

FIFTH ESTATE PROBE. The investigative journalism series CBC News: the Fifth Estate delves into sexual harassment allegations at the RCMP on Friday night.

Featured is the story of women who signed up to Canada's pre-eminent police force and now claim it failed to protect them. (CBC)

THE CANADIAN PRESS

How Regis Got This Way

TV legend pens book about the famous people who have changed him

CHRIS YOUNG/THE CANADIAN PRESS

▶ Former television presenter Regis Philbin promotes his book How I Got This Way in Toronto on Wednesday.

Regis Philbin still gets worked up about the 17-year-old Seinfeld episode in which he called Kramer "bonkos."

"Oh my God, I lose my breath every time I think about it," says the perennially exasperated TV host.

The anecdote is detailed in How I Got This Way, Philbin's new memoir about his encounters with a seemingly endless parade of celebrities including Jerry Seinfeld, George Clooney, Howard Stern, Steven Spielberg, George Steinbrenner and Joe DiMaggio.

Last month, Philbin left Live! With Regis and Kelly after more than 28 years on morning television, many of them spent with co-hosts Kathie Lee Gifford and Kelly Ripa. During the daily host chat segment on Live!, he mastered the art of turning an everyday incident into an engaging story.

It's a talent that's on display from the moment he shows up for a 9 a.m. interview.

"You wouldn't believe what I've been through!" says the excitable entertainer, launching into a colourful tale about a lost passport.

As for the job he has just left, Philbin says he's been so busy promoting his book that he's had little time to miss Live!

Written in a highly readable format, each chapter of How I Got This Way is about someone who made an impact on Philbin and concludes with a summary of what the Who Wants To Be A Millionaire? personality took away from the encounter.

"I just kept writing about those incidents that moved me in some way," says Philbin. "I thought, this can happen from spending one night with someone, or a meeting with someone, or just brushing against them in some way — that they can, in another way, change you for the better."

Philbin writes about a wild night he and wife Joy spent at Clooney's Italian villa on Lake Como.

He tells of his initial encounter with shock jock Stern (his neighbour in New York City) and his friendship with the late Yankees owner Steinbrenner.

He also details an encounter at Yankee Stadium with his childhood idol DiMaggio.

THE ASSOCIATED PRESS

"Confidence is really the key. You've got to have it, you've got to express it. Tell everybody what you want and go get it."
REGIS PHILBIN

Regis unplugged

After spending an astounding 16,000 hours on television since the early 1950s, Philbin has crossed paths with some major stars.

▶ **In How I Got This Way,** he relates those meetings with the same insider-y dish that proved so irresistible to Live! viewers.

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GETTY IMAGES

▶ Kris Jenner

Kris gets to choose

Kris Jenner to help pick next Miss America ◐ Winner based on talent, looks and interviewing skills

Kardashian matriarch Kris Jenner is on a panel of seven judges who will pick next year's Miss America during a pageant in January in Las Vegas.

Jenner, a star of cable reality show Keeping Up With the Kardashians, will join Meet the Parents actress Teri Polo and ABC's lifestyle anchor Lara Spencer on the panel announced Wednesday.

Also judging the pageant will be Dancing With the Stars dancer Mark Ballas, The Bachelor executive producer Mike Fleiss, Extreme Makeover: Weight Loss Edition host Chris Powell and Raul de Molina, a former photographer and host of Univision entertainment news show El Gordo y la Flaca.

The pageant's finals are scheduled for Jan. 14 at the Planet Hollywood Resort & Casino and will air live on ABC.

The judges will interview the state contestants and judge them in preliminary competitions during the week leading up to the pageant, eventually picking a winner based on looks, talent and interviewing skills.

This year's winner, Teresa Scanlan of Nebraska, won at age 17 and is the youngest Miss America since the pageant implemented age limits in 1938.

The pageant will be hosted by The Bachelor host Chris Harrison, who's at the start of a two-year deal hosting the competition.

Miss America started in 1921 as a bathing revue.

THE ASSOCIATED PRESS

$45M **Miss America Organization touts itself as the country's largest provider of scholarships to young women, giving more than $45 million last year.**

Winning over fickle TV fans

Film and TV execs try to lure viewers with aggressive marketing stunts & showcases

BOB D'AMICO/ABC/THE ASSOCIATED PRESS

▶ Jet set fun: Pan Am is a globe-spanning melodrama set in the Kennedy presidency.

Gone are the days when a loyal TV viewer would turn the dial to a stalwart network like CBS and settle in for the evening. Rare, too, is the film fan with a standing date to catch a big theatrical release on opening day.

And so it goes that comic Patton Oswalt recently found himself on a cross-country tour to pitch his new film Young Adult directly to movie-goers along with actress Charlize Theron and director Jason Reitman, theatre by theatre, town by town.

"I want people to discover this movie ... just with sort of a blank brain, rather than me putting any ideas into their heads right now," Oswalt says of the promotional strategy, which had the offbeat feature skipping the more usual festival circuit in favour of secret screenings with average viewers. "And just show them that, 'Hey, I'm excited about this, we're excited about this.'"

Film and TV marketers have been getting especially creative in their attempts to lure eyeballs in their direction, resorting to publicity stunts that seem to rely more and more on reaching out to viewers directly with on-the-street campaigns.

Stunts in 2011 included a flash mob in Toronto meant to promote the big-budget sci-fi spectacle Green Lantern. Marketing guru Mike Vollman says hitting the road with a movie and its cast is nothing new, but he acknowledges that out-of-the box tactics are a sign of the times.

"It's certainly harder to find the audiences — everyone is super-distracted, everybody I know spends their entire day with their head buried into an electronic device," says Vollman, an L.A.-based consultant with 20 years experience working with Disney, DreamWorks, Paramount and MGM.

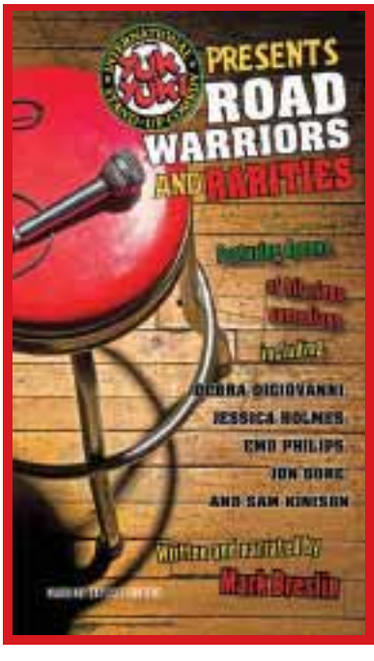
"That has also made it super-hard to get a hold of people but that doesn't mean a flash mob is going to make you see Green Lantern."

Lewchuk says unusual stunts can at least get an audience to sit up and pay attention, and that's a good thing. THE ASSOCIATED PRESS

Watch us... please?

CTV pushed its fall lineup by setting up airplane-shaped screening rooms in shopping malls across Canada staffed with look-alike Pan Am flight attendants who invited mall rats to catch an early glimpse of rookie shows including Pan Am, X Factor and Grimm.

CTV marketing honcho Rick Lewchuk says the campaign was unusual but necessary to highlight a programming slate in an increasingly competitive entertainment field. "If you don't go the extra effort and you don't do those extra things then you're just kind of doing what everybody else is doing," says Lewchuk, senior vice president of Bell Media Agency, CTV's in-house marketing and promotions division. "They're time consuming, they're a little bit more work, but they're fun and I think the viewers appreciate it."



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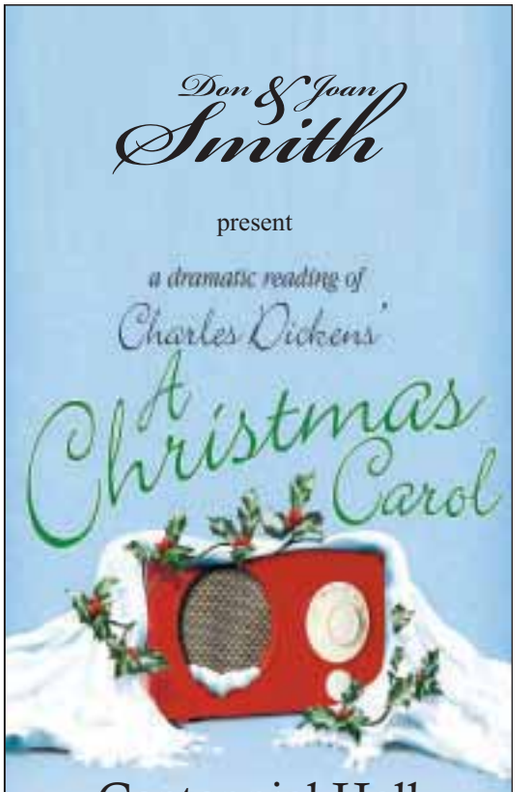

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Lohan's shoot leaks

Lindsay Lohan to appear on Ellen to officially unveil her Playboy cover

ALL PHOTOS GETTY IMAGES

▶ Lindsay Lohan will bare it all — this time for money.

The cover of Lindsay Lohan's issue of Playboy has leaked a week ahead of its unveiling, according to Hollyscoop.

The vintage-themed cover features a naked Lohan straddling a red chair in the shape of the Playboy bunny logo that strategically blocks certain parts of her body.

"The pictorial is absolutely fantastic and very tasteful, and will be accompanied by an interview that will let readers see another side of Lindsay," her rep has said of the magazine's content.

Lohan is still set to appear on Ellen DeGeneres' show next week to officially unveil the issue and give her first interview since violating her parole.

She is rumoured to have received $1 million for the shoot. METRO

Talking points

Nothing Wilde to see here

RELATIONSHIPS. While Olivia Wilde has maintained that her love life is pretty quiet despite reports to the contrary, sources now say she's been dating Saturday Night Live star Jason Sudeikis — and apparently has been for a while, according to Us Weekly.

"She's come to the studio at Rockefeller Center, and they've gone out to dinner after rehearsals," a source says, adding that "they walked in holding hands" at the show's most recent after-party. METRO

Celebrity tweets

@jasonsegal

"When I got my house the cable guy said "oh man, you bought the crazy house. This house makes people go crazy. All the cable guys know that"

@oliviawilde

"sometimes i have good ideas, like going to see the Black Keys. and then sometimes i decide to eat dinner while watching Contagion. doh."

@AlbertBrooks

"It seems Alec Baldwin quit Twitter. His followers are welcome here, but prepare to martyr yourself when I ask."

Is Lauer out at Today?

NBC Universal courting Ryan Seacrest to replace Matt Lauer as host of Today

ALL PHOTOS BY GETTY IMAGES

▶ Ryan Seacrest

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Rumor has it that NBC Universal is courting Ryan Seacrest to replace Matt Lauer on the Today show next year.

Although Lauer hasn't announced his retirement, he has hinted at it quite seriously, and NBC wants someone big to replace him. And it's starting to look like that someone is our generation's version of Dick Clark.

The Wall Street Journal announced the news of the courting on Thursday but so far NBC is keeping mum on the speculation. A Today spokesperson went on record about the move, saying, "there seems to be an awful lot of speculation around news anchors these days, and it's not our practice to comment on any of it. Matt Lauer has a long-term contract with NBC News and Today."

Here's the thing: Seacrest is an amazing entertainer and host and deserves all the success that comes with his self-made media empire.

But does the guy have the chops to report on something as heavy as, say, terrorist attacks?

He's too tan. Too involved in the Kardashians. Too smiley.

But maybe that's me just being a Hollywood-ist. And maybe what the show needs is Seacrest interviewing a head of state and then ending it with his trademark, "Seacrest, out!"

What do you think about this possible job move? Write in to let me know.

▶ Angelina Jolie

Jolie brushes off lawsuit claims

Angelina Jolie isn't too worried about being sued by a writer who claims she stole his idea for the directorial debut.

"In the Land of Blood and Honey," according to the L.A. Times. "It's par for the course. It happens on every film," Jolie says.

Author James Braddock claims the film is an adaptation of his book the Soul Shattering, which was published in 2007.

"There are many books and documentaries that I did pull from," Jolie says. "It's a combination of many people's stories. But that particular book I've never seen." METRO

Drinking like it's 1999

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

I saw Prince in concert last week and while I'm not sure if it was his out-of-control funkfest (hello, the guy is 53!) or having drinks after the show with a female friend who looks even better than she did in college, I can testify that some things do get better with age.

Wines can be a lot like that, but not always. Most mid-priced vino is drank within 48 hours of leaving the shelf so many winemakers design their juice to accommodate immediate drinking.

That doesn't mean your local liquor store won't have bottles you can squirrel away. Reds are best bets. Those from France's Burgundy and Bordeaux regions, bigger-bones Spaniards, Italians from Tuscany, and California cult wines make good candidates for the cellar.

Italy's 2007 Ruffino Riserva Ducale Chianti Classico ($22.95 - $34.99) comes from a spectacular year and though it will taste great with pasta today, with its dense core of dark cherry fruit, anise and light herbal spice it will age nicely over the next ten years. **PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Catch of the week

While you have more free time on weekends, the kitchen may be the last place you want to spend it This simple fish dish is the perfect quick meal

DINNER EXPRESS

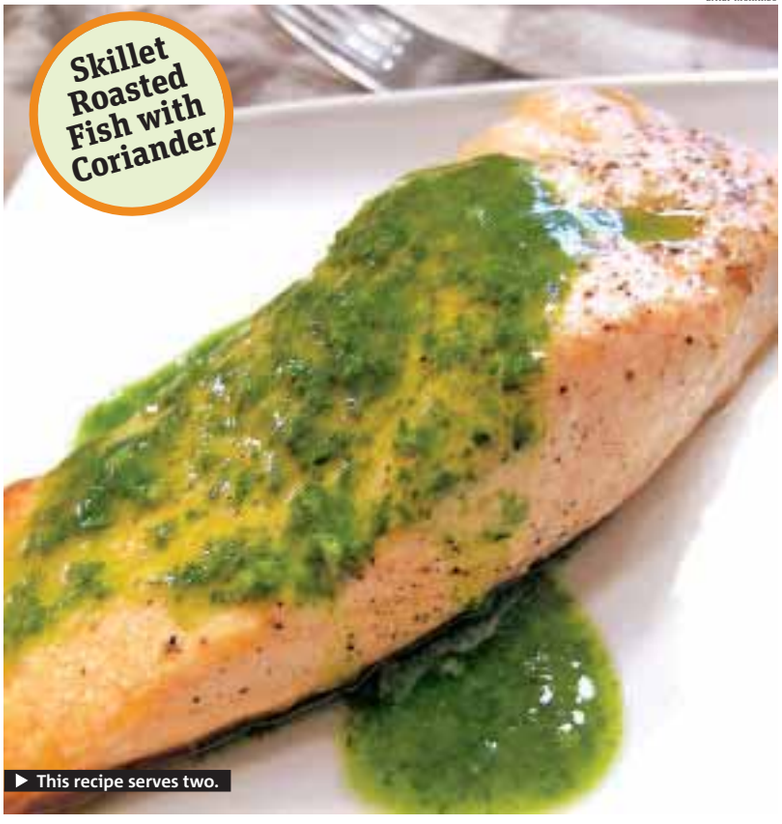
EMILY RICHARDS
FOOD@METRONEWS.CA

For this dish, using salt in the skillet instead of oil helps to create heat.

It also allows you to cook with no added oil in the pan.

The salt is a essentially a hot bed in which to cook the salmon, and help the fish skin cook directly onto the salt for easy removal.

EMILY RICHARDS



This recipe serves two.

Skillet Salt Roasted Fish with Coriander Drizzle Preparation:

1. In a skillet, spread kosher salt in a single layer and place it over medium-high heat for about 10 minutes or until the salt is hot to the touch.
2. Place the salmon fillets on top and brush tops with some of the oil. Sprinkle with pepper. Cover the skillet and cook for about 15 minutes or until firm to the touch. Remove the fish from heat and keep it covered for 3 minutes.
3. Remove the fish from the salt with spatula, leaving skin on salt.
4. In a blender, purée cilantro, garlic and remaining oil until it is smooth and add vinegar. Pour the mix over the salmon and sprinkle it with smoked salt to serve.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A CELEBRITY TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients:

- 2 cups (500 mL) Kosher salt
- 2 salmon fillets, skin on (about 12 oz/375 g total)
- ¼ cup (50 mL) extra virgin olive oil
- Pinch pepper
- ½ cup (125 mL) fresh cilantro leaves
- 1 clove garlic, minced
- 2 tbsp (25 mL) white wine vinegar or lime juice
- Pinch smoked salt

This sole recipe with creamy mushroom sauce offers a nutritious, delicious & easy dinner

THE CANADIAN PRESS H/O

This recipe serves six.

Give the family a scrumptious sole dish for dinner that's great when served with oven-baked potato wedges.

Not only is the recipe low in fat and calories, it's also easy and quick to prepare.

Preparation:

1. In a shallow 2-l baking dish lightly coated with cooking spray, place fillets.
2. In a medium bowl, combine soup, cheese and sherry and spread evenly over fillets. Mix breadcrumbs and butter and sprinkle over fillets.
3. Bake in a 180 C (350 F) oven until fish is cooked through, about 30 minutes. Serve with potato wedges and asparagus or other green vegetable of your choice.

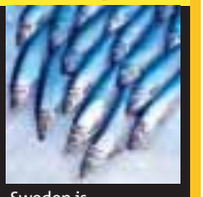
THE CANADIAN PRESS/ CAMPBELL'S SOUP

Ingredients:

- 750 g (1 1/2 lb) fresh sole fillets
- Vegetable oil cooking spray
- 1 can (284 ml) condensed low-fat cream of mushroom soup
- 125 ml (1/2 cup) grated Parmesan cheese
- 50 ml (1/4 cup) dry sherry
- 45 ml (3 tbsp) dry breadcrumbs
- 15 ml (1 tbsp) butter or margarine, melted
- 1.5 l (6 cups) hot oven-baked potato wedges

3 life

Nordic super diet



Sweden is considered one of the world's healthiest nations.

Harley Pasternak, personal trainer to celebrities including Lady Gaga and Megan Fox, explains why the Swedes swear by dairy. "A great source of protein, vitamin C and D, dairy is often considered a fattening option and yet dairy also has high amounts of calcium, helping with fat metabolism."

The Swedish diet also consists of lots of heart-healthy fish, such as salmon and herring. Favoured are high-fibre, dark and dense breads and, instead of using two slices for a sandwich, open- faced versions using only one slice are popular.

METRO

O, tannenbaum, what have you wrought? Live, artificial tree marketers exchange barbs.

4 sports

Quoted

"If we keep racking up wins, no matter if it happens this week, or in two weeks, it's going to happen."

HOUSTON TEXANS RIGHT TACKLE ERIC WINSTON, ON HIS TEAM'S QUEST TO SECURE ITS FIRST EVER NFL PLAYOFF BERTH. HOUSTON PLAYS AT CINCINNATI (7-5) ON SUNDAY AND CAN CLINCH THE AFC SOUTH WITH A VICTORY AND A TENNESSEE LOSS TO NEW ORLEANS.

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Angels make Albert's wallet a whole lot fatter

Exactly six weeks after winning the World Series in St. Louis, superstar first baseman agrees to $254 million, 10-year deal to play in California

DILIP VISHWANAT/GETTY IMAGES

▶ Albert Pujols celebrates winning the World Series in Game 7 over the Texas Rangers in St. Louis on Oct. 28.

Albert Pujols could have been a wealthy Cardinal for life, planning for the day his statue would be erected outside Busch Stadium next to those of Stan Musial, Bob Gibson and the other St. Louis greats.

Instead, after leading the Cardinals to a second title in a thrilling World Series, he chose to accept the second-highest deal in baseball history for a future with the Los Angeles Angels.

The three-time NL MVP agreed Thursday to a $254 million US, 10-year contract with the Angels, jilting the fan base of one of the sport's traditional teams for a club with only one championship in its half-century.

Many top stars have changed teams mid-career, but this is perhaps the best player in the game over the past decade exiting shortly after one of the great postseason power shows.

"This is a monumental day for Angel fans and I could not be more excited."

ANGELS OWNER ARTE MORENO, WHO BOUGHT THE TEAM FOR $184 MILLION FROM THE WALT DISNEY CO. IN 2003.

Pujols' honours include the 2001 NL Rookie of the Year award, MVPs in 2005, 2008 and 2009, a batting title in 2003 and two Gold Gloves.

Now, he's going West.

As his deal fell into place at the winter meetings in Dallas, the Angels struck another big agreement, a $77.5 million, five-year contract with left-hander C.J. Wilson, whose Texas Rangers lost to the Cardinals in the World Series.

402

The Cardinals selected Albert Pujols in the 13th round of the 1999 amateur draft with the 402nd overall pick.

"This is obviously the moment where we have thrown our hat in the ring," Angels manager Jerry Dipoto said.

Pujols could've been the rare modern star who stays with a team from first at-bat to final swing. Now some will call him a sellout.

Pujols rejected a multi-year extension last off-season that was said to include a small percentage of the Cardinals franchise. St. Louis also offered a 10-year deal that chairman Bill DeWitt Jr. said was in excess of $200 million.

"I would like our fans to know that we tried our best to make Albert a lifetime Cardinal," he said in a statement, adding later in a telephone interview: "They were substantially higher than our bid."

Pujols' contract is only the third to break the $200 million barrier, following Alex Rodriguez's $252 million, 10-year deal with Texas before the 2001 season and A-Rod's $275 million, 10-year agreement with the Yankees in 2008.

THE ASSOCIATED PRESS

CHARLIE RIEDEL/THE ASSOCIATED PRESS FILE

▶ Japan's Yu Darvish delivers at the 2008 Beijing Olympics.

Yes Yu did: Darvish on way to MLB

Japanese pitcher Yu Darvish ended months of speculation Thursday by saying he intends to make a move to Major League Baseball.

The 25-year-old right-hander, considered the best pitcher in the Japanese professional leagues, wrote on his blog that he had decided to use the posting system, which allows MLB teams to bid for the negotiating rights to Japanese players who have yet to become free agents. Daisuke Matsuzaka and Ichiro Suzuki went to the major leagues under the system.

"I have decided to use the posting system," he said. "I wanted to tell my fans directly, so that is why I am posting this on my blog."

Darvish, the son of an Iranian father and a Japanese mother, went 18-6 with a 1.44 ERA this season for the Hokkaido Nippon Ham Fighters. His 276 strikeouts led the Pacific League.

"I owe a lot of thanks to my team," Darvish said, adding he would provide more details at a yet-to-be-scheduled news conference.

The six-foot-five Darvish has superb control and throws seven effective pitches, including a two-seam fastball introduced during the 2010 season.

THE ASSOCIATED PRESS

NBA shoots down deal to send Paul from Hornets to Lakers

The NBA, as owners of the New Orleans Hornets, won't trade all-star guard Chris Paul to the Los Angeles Lakers.

NBA spokesman Mike Bass says: "It's not true that the owners killed the deal, the deal was never discussed at the Board of Governors meeting and the league office declined to make the trade for basketball reasons."

A person familiar with the trade told The Associated Press that the framework for a deal had been in place, but that Paul would report to Hornets camp Friday.

Lakers forward Lamar Odom would have gone to New Orleans and fellow Los Angeles forward Pau Gasol to Houston, the third team in the trade, people told The Associated Press on Thursday. They spoke on the condition of anonymity because the deal was not finalized.

Speaking earlier Thursday, Hornets president Hugh Weber said the franchise has been preparing for months for the possibility that Paul would resist signing an extension in New Orleans, a move that would all but force a trade.

"We've been preparing for this moment for over a year and it's not like we were surprised or caught flat-footed," Weber said.

Paul, 26, averaged 15.8 points and 9.8 assists last season.

THE ASSOCIATED PRESS

Lack of production doesn't vex Kulemin

Struggling Leaf on pace for just five goals 'I need to shoot more. Something will go in,' forward says

Like the familiar 'What, me worry?' signature phrase of MAD Magazine's Alfred E. Neuman, Maple Leafs winger Nikolai Kulemin continues to appear unfazed by his lack of touch around the net this season.

"I don't worry about anything. I just try to play my game," Kulemin, 25, said on Thursday after practice before heading to Washington for a game against the Capitals on Friday night.

The Russian has repeated the same answer countless times this season when asked why his scoring talents have vanished after firing in 30 last season.

"(Last year) I had bad months to start the season. Then I just figured it out and started scoring and everything was fine."
NIKOLAI KULEMIN

Kulemin has scored just twice in 28 games, the last time on Oct. 22 against the Montreal Canadiens.

Searching for answers, Kulemin said, "I can't say why but I don't shoot the puck a lot."

Indeed, he hasn't had a shot on goal in the past four games. Altogether, Kulemin has 40 shots on goal in 28 games but take away the 10 shots he fired against Florida and Boston in early November, and — well, you get the picture.

Last season he had 173 shots on goal en route to 57-points, his best season in three since being selected 44th overall in the 2006 entry draft. TORSTAR NEWS SERVICE

THE PRO'S CORNER:
When does hockey become too much?
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Dwayne Blais,
Total Package Hockey
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As players get older and the demands of competitive hockey, extra practice time, workouts, skill sessions and games become a part time job some of those smiles may change. If you find yourself dragging your player to the rink or are hearing constant complaints about practicing and playing then it may be time to re-assess how much hockey they are playing.
The best measuring stick that parents have is their child, often parents want it more than the player and this becomes a problem. If parents are more aware of their child's approach to hockey "too much hockey" can easily be managed. Keeping the fun in hockey is the safest and easiest way to keep our young players in the game.
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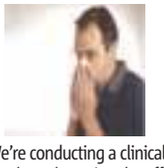

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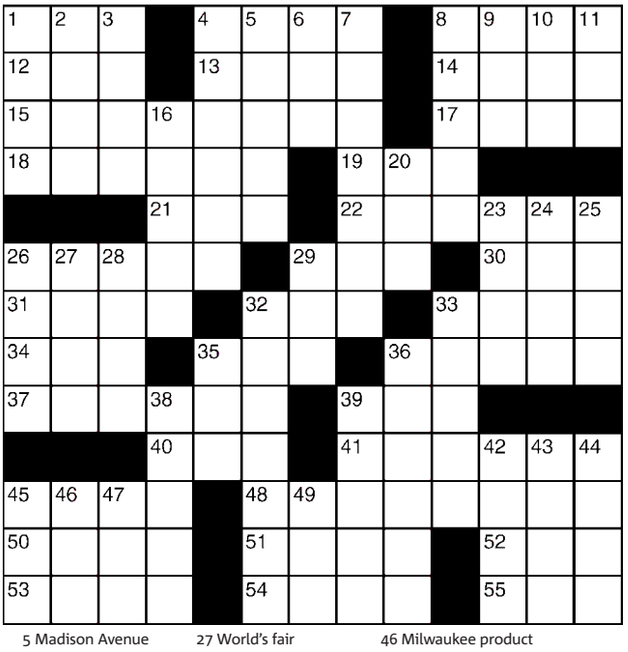


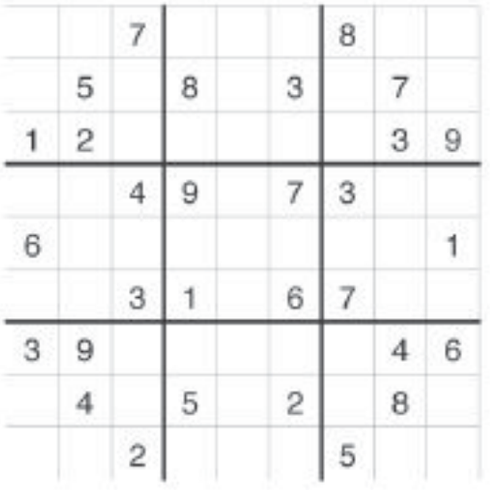
Across
1 Pickle holder
4 React in horror
8 Anything but that
12 Past
13 Concept
14 Stroll
15 Medium-sized dog
17 Without acting
18 To-do list
19 Every last crumb
21 Stimpy's cartoon pal
22 Lassie, e.g.
26 Pavarotti's range
29 A mere handful
30 Toss in
31 Nerve cell process
32 Carte lead-in
33 Turned blue?
34 Gas stat
35 Wall climber
36 Deep-voiced singer
37 "French" dog
39 Shriner's chapeau
40 "— the fields we go ..."
41 Anti-elderly prejudice
45 Satchmo's genre
48 Large terrier
50 Burn soother
51 Pesky insect
52 Silent
53 Night light?
54 Tackles' teammates
55 Crony

Down
1 — Pinkett Smith
2 Quite enthusiastic
3 Judicial garb
4 Construction piece
5 Madison Avenue worker
6 Vast expanse
7 Cure-all
8 Dungaree, for one
9 Owned
10 Under the weather
11 Heavens
16 Company that went under in 2001
20 Depressed
23 Pringles competitor
24 Bad day for Caesar
25 Taro root
26 Pack (down)
27 World's fair
28 "Forget it"
29 Aviate
32 Mean
33 In a stupor
35 — -de-France
36 Sires
38 Doughnut shop purchase
39 Capacitance measure
42 Poetic foot
43 Insult
44 Note to self
45 Van Eyck or Vermeer
46 Milwaukee product
47 Menagerie
49 Hostel

▶ Yesterday's answer

H	E	A	L			R	E	D	O			F	O	P
I	L	I	A			A	T	O	P			A	M	A
F	A	L	S	E	F	A	C	E				L	I	P
I	N	S	E	R	T				R	A	S	T	A	
				R	R		E	V	A	D	E			
A	R	T	S			A	L	E			O	R	E	O
S	I	R				M	I	N				I	M	P
S	O	U	P			O	D	D			A	B	U	T
			E	R	A	S	E			M	E			
L	O	B	E	S				D	O	O	D	L	E	
O	I	L			T	R	U	E	B	L	O	O	D	
G	N	U			I	O	T	A			U	L	N	A
E	K	E			R	E	E	F			S	E	E	M

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	1	8	4	2	5	6	7
6	2	4	5	3	7	1	8	9
8	7	5	1	9	6	3	2	4
4	3	7	9	1	8	6	5	2
5	6	9	4	2	3	7	1	8
2	1	8	7	6	5	9	4	3
1	4	2	6	7	9	8	3	5
7	8	6	3	5	4	2	9	1
9	5	3	2	8	1	4	7	6

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

mikeyy,Happy anniversary! 39 months & more to come :) Thanks for always being there. You're the best. I love you so much! xox **BABUH**

Honeeey Bee, youre everything to me. youre my best friend, my lover, my shouldeer to cry on, my kawaii, my baby &my secret keeper. i know i can count on you for anything <3 i cant wait to see what thee future has instore for us. i love you &i mean it when i say it. xo. **L OVE BUG**

My darling, Prince Charming, I am happier and stronger now that I know for sure that I'm in your thoughts and dreams and that you really love me as I am in spite of the big gap between us! Next Wednesday you have to add one more candle! I bless the day I met you, you are the one that I am waiting for my whole life! love you, **C.L.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Travel will be a lot of fun today but if you overdo it, tomorrow's lunar eclipse will bring you back to earth!

♉ Taurus April 21-May 21 Inner changes are making you rather touchy at the moment but, as always, the moment will pass.

♊ Gemini May 22-June 21 You're in an assertive and adventurous mood, but some people may see you as too domineering.

♋ Cancer June 22-July 22 The approaching eclipse has got you in a bit of a tizzy. You may have to lie down for a bit to get your balance!

♌ Leo July 23-Aug.23 You will be enthusiastic about something you discover today but don't get carried away and preach to people.

♍ Virgo Aug. 24- Sept. 22 You may lose patience with someone you work with today, but they are not being obstructive for fun.

♎ Libra Sept. 23-Oct. 23 You're in one of those moods when you'll do anything for anyone. If not careful, you'll be taken advantage of.

♏ Scorpio Oct. 24-Nov. 22 A financial opportunity will intrigue you, but is it the kind of thing you want to get involved in long-term?

♐ Sagittarius Nov. 23-Dec. 21 You may fall heavily for someone today, but don't get carried away because this is a passing fancy.

♑ Capricorn Dec. 22-Jan. 20 Certain duties may be tiresome but if you tackle them now, then your time will be your own.

♒ Aquarius Jan. 21-Feb. 18 The approaching eclipse will bring more tension into your life but you have what it takes to handle it.

♓ Pisces Feb. 19-March 20. Family squabbles of one kind or another are likely over the next two or three days. **SALLY BROMPTON**

Caption contest

THANASSIS STAVRAKIS/ THE ASSOCIATED PRESS

MICHAEL DURHAM, OREGON ZOO/ THE AP

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LOOKING TO MAKE A CAREER CHANGE?
Read metrowork every Monday & Wednesday.

LOOK AGAIN SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

Prague, Czech Republic – Meet the car that's conquered the global landscape: The Chevrolet Cruze. The 2011 AJAC Car of the Year now offers best-in-class safety and best-in-class highway fuel-efficiency. Proven around the world. Loved right here at home.

1. Changed shirt colour left of the 2012 Chevrolet Cruze 2. Removed bench arm rest 3. Removed sticker from door left of the 2012 Chevrolet Cruze 4. Changed address of building from 1322 to 1332 5. Removed pipe from building above the 2012 Chevrolet Cruze 6. Changed position of neon sign 7. Changed colour of wall above the 2012 Chevrolet Cruze from yellow to green 8. Added circle décor to building right of the 2012 Chevrolet Cruze 9. Extended yellow paint right of the 2012 Chevrolet Cruze 10. Removed messenger bag from woman at the right side of image

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